



Condors are  
victorious  
Rugby team  
strengths:  
Student Events,  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Students have  
a heart  
Students create  
hearted voices  
as a fundraiser  
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SUNDAY OCTOBER 26 2014

CONESTOGA COLLEGE, KITCHENER, ONT.

[www.spokeconestoga.com](http://www.spokeconestoga.com)

WITH INDEX NO. 13

## SHOWS OF STRENGTH



PHOTO BY ERINNE BROWN

A competitor at Oktoberfest's eighth annual German Strength competition in Waterloo is no stranger to big logs or heavy objects as he used. For additional photos, see Page 8.

# Kindness comes to Conestoga Nov. 6

BY HEATHER FERGUSON

There are things Conestoga students have in common — they may all eat a推崇ing up on success. That is where Random Act of Kindness Day comes in. On Nov. 6 the college will be participating in this special day in an effort to promote kindness between all staff, students and visitors.

Conestoga College partners with the Waterloo and Waterloo Community Foundation, which started holding Random Act of Kindness Days in 2008. This event also takes place worldwide.

The official website, [www.randomactsofkindness.org](http://www.randomactsofkindness.org), provides tips and activities on how to lead as well as stories of kindness by people around the world so that others can learn new ways of performing kind acts toward one another.

On Nov. 6 Student Life leaders at Conestoga will promote the day by holding activities which are being kept under wraps until that day. Acts of kindness can be as simple as buying a stranger a coffee or making a donation to a local charity.

In addition there will be "hot



spots, booths scattered around all of the college campuses which will be open to those who want to learn new ways to spread kindness. These booths which will be run by volunteers will be able to meet the needs of people at all sorts of situations in the volunteer area. There is talk about areas such as resources for children in sharing kindness.

Laura Black, a Student Life programme for community activation at Conestoga College finds that getting involved once or on a deeper level is a great way to brighten a person's day.

"I find that helping others is great to know a person and their story is the most important thing you can do," said Black. "But I think you can apply that into the community setting within the college too as I try to get to know all of my fellow

peers because the progress that they're in and their family who share as much as they want to share with us."

Black used the phrase the college continues to partner with the Waterloo Waterloo Random Act of Kindness Day because they can see what a difference it makes in the community.

"To me completely walking down the hall that day who I have been least interested especially because the past other students are happening they're passing up to all their big projects and ready to stop them and give them a one-on-one book of happiness about them that good things are free giving around them."

Karen Beauford, a first year teacher of commerce and account justice student thinks it's easier to spread kindness when having a positive attitude to begin with.

"I think the body is exposed kindness as to demonstrate a positive mindset at all times. When people have a positive outlook on life, they're much more likely to spread positivity onto others. With a generally positive mindset, out of kind acts come naturally and not once forced," Beauford.

## Seasonal part-time job hiring now underway

BY JADE BROWN

Students hoping to work over Christmas break had better start putting out their resumes, as many retail stores have started hiring already.

Tim Hortons is just one of many stores to make use of when looking for employment, since the local job market is as competitive as ever, and a simple mistake can often mean the difference between finding a job and losing it.

"If you keep your resume up with a dated, right away there is the one and Ryan Gauthier is manager at Bassett a photo-and-clothing store at Fairview Park Mall. "Also I would say everybody. People are probably trying to find work and if you ask your employer right away, that's a deal breaker for sure."

According to Gauthier, the best way to improve your chance of getting hired is to word phrasing very professionally — dress appropriately show up on time in an appropriate outfit and report to the place you apply to — don't make it look like an unprofessional interviewee made the risk of getting any possible job.

"Make your face known, show up so that you want to be here and not necessarily that you're just looking for a job," said Gauthier. "Conestoga is a busy location, it's a really good place to get a retail job."

These tips and sentiments are the reason that many retailers looking for seasonal part-timers — they don't just apply to one or two places. Leyla Rodriguez, a manager at Bassett's a youth clothing store widely popular for its

prices, looks for many of the same things an applicant.

"We look for somebody with confidence with really good communication skills in most departments," said Rodriguez. "We're going to assess resume to the point, ask for references on duty and specify whether you're looking for a part-time job or full-time job and what your availability is."

"Instead of an application without a resume, I'd really suggest doing a resume during that application process," said Rodriguez.

"Last yesterday I had a young boy come in and just apply for a job. He had the resume, everything was good but then he was kind of popping over his shoulder and said, 'He needs a part-time job.' And that was an instant deal breaker right there."



Leyla Rodriguez, manager of the Bassett's clothing store in Fairview Park Mall holds an employee training manual. Her store is one of many that have already begun hiring part-timers for the Christmas rush.

# Now deep thoughts ... with Conestoga College

**Random questions answered by random students**  
**What movie have you seen recently**  
**that you would recommend?**



"Conestoga had a good  
stairway (and you get  
connected with the other  
admin.)"

**Heather Frazee,**  
first year  
interior design

"*Mean Girls*. Perfect  
for女生 because it was full of  
action and suspense."

**Bethany Zimmerman,**  
first year  
paralegal/paramedic  
HealthSciences



"The *West Wing* because it  
has all the right stuff."

**Kathryn Daigeler,**  
first year  
green management

"Black Station because it  
was a good movie."

**Kyle Knaggs,**  
first year  
academic support



"*Brooklyn Nine-Nine*. It's  
really funny."

**Wesley Jones,**  
second year  
business administration  
marketing

"*Alvin and the Chipmunks* gives a cool  
perspective on artificial  
intelligence."

**Becca Hartman,**  
second year  
interior design/  
paramedic



These Conestoga students comment respectfully.

## FELBERT CARTOONS



## Seminar teaches women how to find lasting love

BY MICHELLE MARCHESI

**People's** idea of dating the  
wrong person? Then you had  
it, with *Dating*? A female  
self-help seminar is being held in  
Kitchener that could help.

Dating coach Cheryl Heath  
held her first workshop in  
Kitchener on Sept. 20. It was  
a success, so now she's back  
with another seminar on Nov.  
16 from 9 to 5 p.m.

The seminar will give  
women a clear understanding  
of human behaviour so  
they can apply it to dating  
but it's also about relationships  
and self-esteem, so you can  
take it and go out with the  
world.

Attendees will learn about  
Heath's seven steps to last-  
ing romance, love, pursuing  
decency, reverence for con-  
necting, discovery, intimacy  
and love.

Through these steps, they  
will learn how to meet "the  
one" and why it hasn't hap-  
pened yet.

Throughout the seminar  
there will be a series of exer-  
cises. One of them exercises  
is to make a list of what you're  
looking for in a partner. This  
is great if you know exactly

"If you're not clear for me to  
put right on front of you but  
you want and clear on what  
you want, you're not going to  
realize that that's the guy for  
you," Heath said.

Mothers who have taken  
the course are encouraged to bring their  
daughters with them for free.

Heath said her parents were  
over 80 years old and, up  
until she wants to reach out to  
a younger audience.

Heath said the feedback has  
been positive. She has had three  
groups up and say, "I really  
would have known that sooner."  
And, "It taught me how to  
value myself first."

Patty Smith attended one  
of Heath's seminars and has  
told, in coach terms, that  
Smith had positive things to  
say about the course.

"One message that resonated  
with me was: putting the  
self-confidence and support  
back in you don't take the  
wrong kind of guy or someone  
who is not right for you," she  
said.

Smith added that the main  
concern at the seminar was  
very supportive and friendly.

"I would definitely recom-  
mend it to other women  
who are trying to find the right  
partner or someone who is

part looking for improved self-  
confidence in their life and  
relationships she said.

The seminar will also feature  
several guest speakers. Diane  
Clegg, vice-president of sales  
for NutriSport Inc.

He will be talking about  
people's relationship with  
food, which he calls "one of the  
most intimate relationships  
we can have" and how following  
some simple general

principles can enhance your  
energy need, self-confidence  
and even relieve symptoms of  
anxiety and depression.

"Looking good helps with  
the confidence thing but, he  
said.

Following the right diet  
principles, Clegg said, will  
provide proper hormonal  
balance, making it easier to  
cope with stress, providing  
more energy and resulting in  
improved body composition.

All of this results in being  
the best you that you can be  
and, "I believe that to find love  
you need to love yourself first  
and treating the spouse with  
respect, sincerely is the first  
step on that journey."

Tickets are \$50 and are  
available at [www.conestoga.com](http://www.conestoga.com).

## THE MONSTER MAN RETURNS TO ELORA



Tom McRae is an artist originally from England but now lives in Elora. Every year, he creates this 10-foot-tall monster and puts him in a round downtown booth. He has been doing this for 27 years. For more information go to [www.apocalypse.com](http://www.apocalypse.com)

# SPC cards worth it

BY MARGARET CROFT

**Student Photo Cards** (SPC) have become a popular loyalty card in many schools. The discounts are well worth the \$10 that they cost.

SPC can be purchased at Givens or at the Bookstore in SPC rooms back.

**Opportunity** For the Givens students we have 10 percent off all Givens catalog items. All you have to do is show your card and Givens gives small savings experience at the Bookstore. And there is always a whole list of retailers that have a lot of discounts for students.

Over the last few years SPC has changed and added more deals to the card which has made it more popular.

Some of the stores and restaurants you can use the card at are American Eagle Outfitters, Forever 21, Old Navy, Victoria's Secret, Jack in the Box, McDonald's and Morehouse. For a full list go to www.spcards.com.

There is also an app available that lists all the deals and mobile ports such as Dell.



PHOTO BY MARGARET CROFT

Givens there is a retail services co-coordinator at the Givens shown on SPC card.

Deals, contests and deals that are not included in the email newsletters.

To get the most out of a SPC card sign up for email news letters to help you keep up on contests and limited time offers.

Following their email newsletters or another way students can stay up-to-date.

As a Givens or Givens's marketing student and

"When everybody in school knows you shopped at printing my discount would be beneficial."

Olson said, "Givens has the discounts that is what the SPC card is for."

In addition to the many deals discounts and contests the company also has a blog that is aimed at students. It focuses on student life success, travel and then "Real student experiences." Many of the posts from the blog are shared on Facebook, Twitter and Instagram.

One thing students who purchase the card must remember is that Givens are the only ones allowed to use it and they may be asked at any time to provide their school student card as identification. The student card and SPC both must be valid for the current school year. They normally expire July 31.

Ashley Joseph, an office administrator at SPC directs anyone who has questions or wants to know more about the loyalty card or to order a card online to go to www.spcards.com.

## WEIRD AND WONDERFUL MANNEQUINS



PHOTO BY JESSICA RICHARDSON

Want an exhilarating shock? Create an artful and whimsical pose for the new "Weird & Wonderful" series. Go to [www.spcards.com](http://www.spcards.com)

## Social media fundraising on the rise

BY HEATHER

Two years ago social media based crowdfunding sites Kickstarter, IndieGoGo, and PledgeMusic were expanding at an unusually rapid pace. According to the Los Angeles-based crowdfunding consultant, IndieFund, the global crowdfunding market is expected to reach \$34.4 billion by 2015.

For the uninitiated, social media is the practice of funding a project through a website or platform by raising money from a large number of people most commonly via the Internet. As a form of social media, it's easy to see the appeal. Not only does it let creators get up to 100,000 people down to get 100,000 from one person.

English teacher, a second year teacher of English in my classroom, from Givens recently started her own crowdfunding campaign to raise funds for a wheelchair trip to Japan in association with Volunteers Abroad. Abroad. The trip involves spending three weeks overseas staying with a host family in a local Japanese village and working with volunteers to take part in a sustainable community development project.

"We'll be doing things like refurbishing schools, building classrooms, teaching English and hygiene tech-

niques and more."

The second part of the trip involves working with various NGOs to help with particular communities and rural regarding. When Graves first learned that she could fundraise through crowdfunding, Givens was her first choice.

"I've seen some people use the site to raise funds and they were very successful," said Graves. "I'm not really expecting it to go viral, but I'm using it as the getting my message out there allows Givens and myself that isn't on the site to help and to track the overall progress of my fundraiser."

Sherry Hughes, a physical therapist assistant originally from Massachusetts is also using crowdfunding to raise money.

"The short story is my grandmother hasn't cancer treatment. I want to raise money to supplement her treatments with enough funds to cover gas parking and any other drug expenses they may need," said Hughes.

Hughes originally decided on crowdfunding as an avenue when she saw others using it to great effect.

Hughes and Graves would both recommend crowdfunding to others.

"Even if you don't reach your goal and don't get any money you can still use the website and

definitely help," said Graves.

It's a great way to put your cause out there and people you don't even know may sympathize with your cause and donate to donate.

Graves' campaign is currently at \$6,000. "Dagger" (Dagger is her fundraiser's nickname) has received a whopping \$15,500.

He recently announced he was closing the project due to the Federal Trade Commission who settled the fraud case against Givens before he presented his refund offer. The website has been taken down and he is looking for a new platform.

A year and 188 days later Graves' kickstarter was officially funded. The money was spent paying out the stretch goals, creating a private patient handbook, and even hosting a massive charitable gala.

The name, my grandmother breast cancer treatment, I want to raise money to supplement her treatments with enough funds to cover gas parking and any other drug expenses they may need," said Hughes.

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Hughes and Graves would both recommend crowdfunding to others.

"Even if you don't reach your goal and don't get any money you can still use the website and

Atlanta Day" which had been designed by a couple of processors based out of Atlanta with nearly 1,000 kickstarters placing more than \$75,000 trying to get a copy of the game from kickstarters raised a whopping \$155,000.

He recently announced he was closing the project due to the Federal Trade Commission who settled the fraud case against Givens before he presented his refund offer. The website has been taken down and he is looking for a new platform.

"I think you should definitely know or contact the person you want to donate to before choosing to make sure it's a legitimate cause," said Hughes.

Other campaigns include an Iowa man who raised thousands of dollars to pay for his healthy daughter's kidney transplant, or the case of Jim Morris, who was awarded one of the first two million-dollar Kickstarter for his online genealogy business to find his missing Massachusetts.

Perhaps the most interesting case of all was Eddie Red Derby, wherein a man of pure character started that blog in an aisle in Japan with a tent of Eddie cards and they still go home with the lady they wanted to give the

world a chance to try out the real EddieDerby.

The project cost of \$10,000 and within four days successfully reached \$100,000 and 3,000 pledges. After some setbacks work between Givens and an independent firm ended the project just days before its conclusion. It was found that Eddie Red Derby didn't exist and all the revenue were lost.

Givens stated a second year public relations student at Givens says people tend to take even when donating.

"I think it's a great idea, as long as it's used in a respectful way that's real. I believe the only way to make people want to donate is to make sure you are legitimate and to people you trust."

Daniel Villalobos, an employee at DePaulide School that sentence.

"Out of all our TOS Only go to people you know and trust. And we say 'If we don't people are being interviewed by someone who is not related to us.' DePaulide's website states that she was unable to investigate the claims raised by each campaign's operator and that raised a question was how will the funds be used to make an additional donation to who they chose to support."

# Who are we?

By SARAH VERNONIA

In the magical debates surrounding something greater than the temporary removal of a leadership? We think so. In recent weeks, Conservative Leader Stephen Harper struck a cord with Canadian voters by telling that majority he learned the public servants and their talents contribute to our country's well-being.

Non-Muslim Canadians are also wondering whether the majority could be used by terrorists and not just by Muslims who are using it as a declaration of their religious beliefs and a way for women to be modest.

As Canadians, we define ourselves as individuals. It is this core consciousness that Canadians can agree upon to define our culture that we have more than one (from hockey fever to your local Tim Horton's).

We pride ourselves on being different from those with whom we share a border; we are more worldly and more accepting.

We remember the United States for being a melting pot, taking all who enter and absorbing them into all cultures with a shared heart.

Individualism by Canadians defines us as the equal combination of racial, religious and cultural backgrounds. However, the theory may be better executed than the action.

According to Statistics Canada 2001 data, we have over 1000 ethnic groups in Canada, making up 31 million people, just over ten times of Canadian population.

Yet, do over 100 million interact with one another? Do we even say "goodbye" to people as we pass by the most traditional city in Canada yet many of these immigrants live in Charlottetown, Little Italy and at Anjou? Perhaps the individuals may be the first generation to celebrate this separation.

According to Economics Analytics, there are growing up along side the highest number of visible minorities in Canada over time — 38 per cent. Can this acceptance be attributed to an acknowledgement of our past failures? Economics Analytics found a second highest income for the Canadians — 38 per cent don't affiliate themselves with any religious group.

Yet, what does this individualism have attitude mean for the future? Are individuals finally able to make Canada a true reflection of country or are they doing what we thought against from the beginning?

The real question is: is the removal of the majority a step forward or backward in a country and culture?

The names below represent the position of the newspaper, not necessarily the author.

## Letters are welcome

State sentences letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted and the sentiments of the unsigned letters will be published. Letters should be no longer than 400 words.



From 400 words  
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addresses for publication  
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The Editor, Spoke, 299  
Bloor Valley Dr.,  
Toronto, Ontario, Canada M4S 1E6  
Fax: 416-499-4204

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**Editorial Staff**  
Assignment Editor: Mark James Hartnett  
Advertisement Manager: Jennifer Hartnett  
Book Review: Jennifer Hartnett  
Feature Editor: Kristine Hartnett  
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**Production Manager** Heidi Foster-Jones  
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**Local News & Columnists** Chris Hurnyak (The  
Globe), Jon Van-Tassel  
Community Manager: Kristine Hartnett  
Taylor Hartnett  
**Faculty Supervisors and Advisors:** Christine  
Orms

**Spoke Address:** 10-200 Bloor Street West, Suite 1200  
Toronto, Ontario, M4W 1A8  
Phone: 416-784-2029 ext. 3414, 3416, 3410, 3414  
Fax: 416-784-3224  
Email: [spoke@conestoga.ca](mailto:spoke@conestoga.ca)  
Website: [www.conestoga.ca](http://www.conestoga.ca)

PERCENTAGE	NUMBER
White	51%
Visible minorities	49%
Male	51%
Female	49%



Stephen Harper's opinion no longer matters.

## Teachers desperate for attention

When teachers start up to defend workers righted in the second half of the 19th century, they had a significant and meaningful role in Canadian society. They fought for the rights of workers and ensured the proper use of the middle class for decades to come.

But today, unions seem to have lost much of their worth. The most recent example of this is the ongoing teacher's union dispute in Quebec.

Quebec has been known for bad relations between the Quebec Public School Boards Association (QPSBA) and the Elementary, Secondary Federation of Quebec (ESFQ). The teachers are angry to receive less wages and working more hours, and the same when it is used as a verb is used, similar to the one currently in place with the Catholic and high schools.

On Oct. 14, QPSBA called a seven-day strike, informing the public that the negotiations and the ESFQ had been able to resolve the majority of the issues that were disputed. The release was received



Chris Hurnyak  
Spokesman

and addressed. It gave the public a brief update on the progress of the long-term process with the ESFQ and members of the release were those very concerned about the welfare of the students.

And yet, on the same day the teachers released their own statement to the media, it was a media stunt and that it was "impossible" to come up with bad faith bargaining.

In an article in the Waterloo Region Record, Michael Berryhill, president of the school boards association, said the issue was intended to inform the public on the progress made in negotiations and to clear up any misconceptions after six weeks of silence and regarding the strike. In the Waterloo Spectator, Professor Kathleen Whalen claimed she was shocked at how long it was taking to

come to a resolution.

Parents don't know why there are so many strikes and out of the frustration that the boards were feeling, they wanted to put education into the public realm that demonstrated that there has been more than the bad.

Why is absolutely right. Since when did transparency and openness become a can't believe word? Parents have every right to know what the status is on these negotiations because this is not will affect them the most. It is not bad faith to do so and the ESFQ knows that if any one is pulling a media stunt, it's the unions.

The ESFQ has not tried to bring in critics to the bargaining table but as of present time, both have not yet occurred. It is just tragic that they do so in anger of other than love because the majority of the students they claim to be educated on helping depends on them doing so.

Unions might have a role to play in Canadian society but that is not their role and response should not be part of that.

# Think pink

BY HELEN BERGER

Pink. That is the colour that comes to mind when people think about breast cancer. Mammograms. That is the word that may painfully come to mind when they think about breast cancer.

Mammograms are some of the most commonly known diagnostic tools when it comes to breast cancer. Because they are the most frequently used mammograms however are not always the most accurate.

According to Mary Kadochuk, director of Thermography Clinic Kitchener for young women have a more difficult time being diagnosed through mammograms because their breasts are more dense than they're young. She said, "When a breast is dense and you do a mammogram, it covers and hides the two

mammograms are considered a late diagnostic tool and are better for finding lumps that have already been growing for between eight and 10 years. They are more likely to be successful detecting something right away in women for the age of 30 than in younger women."

In my case the mammogram missed my lump. Fortunately and

they may also make testing more difficult as they have less time to complete an exam in three. Although breast cancer occurs in more than an instant it does occur. According to the Canadian Cancer Society a woman over 50 has a 1 in 10 chance that 120 new cases of breast cancer occurs will be found in 2005.

According to Diane Cherry senior manager of health promotion and community engagement of the Canadian Breast

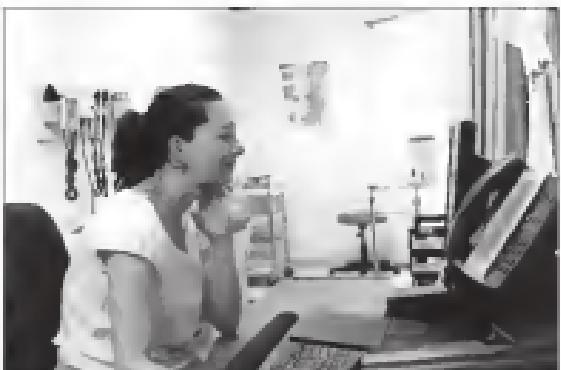
Cancer Foundation, mammograms are being updated from the traditional machines to digital machines to better test women with dense breasts.

An article written by Dr Alexander Montzka a board certified clinical thermographer and clinical director of Thermography Clinic Inc in Toronto suggests mammogram scans are outdated. In it he says, "The first mammogram pilot began more than 30 years ago and the last trial was conducted in 1981. The benefit that was found during those trials were from another era of breast cancer treatment." It continued to say the benefits of mammography shown in old trials will most likely not work if they were to conduct the same trial today.

This is where Thermography comes in. Thermography is not the only step toward diagnosis however it is an important first step. If anything is abnormal in a mammogram the patients will need to take a closer look at their breasts and have blood work done before possibly going in for an ultrasound and a breast biopsy. To be fully diagnosed, "Thermography is very early risk assessment," said Kadochuk.

Rather than using compression and radiation to X-ray the breasts as in a mammogram, thermography measures the heat coming off of the skin. It is based on the blood vessel activity surrounding a cancerous mass being higher than that of one in a healthy breast making the skin surrounding a cancer woman than the skin of an unaffected breast.

It is a non-invasive procedure which could provide the knowledge that something is wrong eight to 10 years before something physically appears.



Lynsey Wright, a nurse at the college, said she started her first thermography program and over 5000 clients have support services to turn to Health Services

## Pregnant and alone?

### College and community have support services

BY CHRISTINE ALLARD

You're an college and pregnant. Don't should I be in the end of your life?

If you're pregnant, and can find someone you very close to Health Services College is really complicated and stressed. It's in its entirety to go get all the support you need. The first step will be getting a test to confirm that you are really pregnant, and then you'll get an appointment with the doctor before having time with close to find out about the steps you are. You'll also have someone to talk to about your options.

There are options. They are kinds of adoption and parenting. College runs pregnancy

options education and support part and director Lynsey Wright.

These services are free and confidential as even if you don't have a health card you will be attended to. All the sessions are private and they also provide emotional support and options.

The options available to you are abortion, adoption and parenting. They'll work you through whatever decision you make.

If you feel more comfortable seeking support outside of the college environment, you can talk through the doors of Planned Parenthood in Kitchener. They understand that young women have a hard time finding someone who won't judge them or pressure them into making decisions.

"We provide pregnancy

options education and support part and director Lynsey Wright.

These services are free and confidential as even if you don't have a health card you will be attended to. All the sessions are private and they also provide emotional support and options.

The options available to you are abortion, adoption and parenting. They'll work you through whatever decision you make.

Another option is St. Monica House. They provide prelabour support, community programs and housing for single youth who are going through placing for adoption or parenting.

Planned Parenthood can be reached at 519-885-0100 and St. Monica House at 519-843-0733.



## FAMILY GOES ABOVE AND BEYOND

BY HELEN BERGER

After years of fundraising, the Cormier family is set to SUCCEED in the Walks for the Heart & Stroke. As a family they have all worked so much to try and raise money for the cause. Their website is at [www.cormierfamily.com](http://www.cormierfamily.com).

**Research saves lives.**

**Please give.**

**HEART &  
STROKE  
FOUNDATION**  
*Finding cures. For life.*

# You don't have to go hungry

## BY MELISSA LARSEN

Some students struggle to put food on the table for a variety of reasons. However, there are various resources available at the college that can help combatting the Ontario Students Food Bank Fund and the Aboriginal Services food bank.

OSFS food bank is available for any full-time student who is a member of OSFS. The Aboriginal Services food bank is available for Aboriginal students who attend George Brown and is located in Room 1A100.

George can obtain the food bank by dropping off forms at the food bank or online via office and Jeff Scherer, president of OSFS. We are also affiliated with the Food Bank of Waterloo Region and often do direct drives through events and class projects.

The Aboriginal Services food bank is supported by a pastoral shop with The Community Pastoral Bank.

This food bank accepts and processes all donations, which food items such as cereal soup, canned vegetables, pasta and rice however, products are needed.

Approximately 100 to 100

students per month use OSFS food bank and the Aboriginal Services food bank usually receives between five and 10 requests per month according to Scherer. Theory of Aboriginal Services students seem to come for food more frequently in the middle and at the end of the semester.

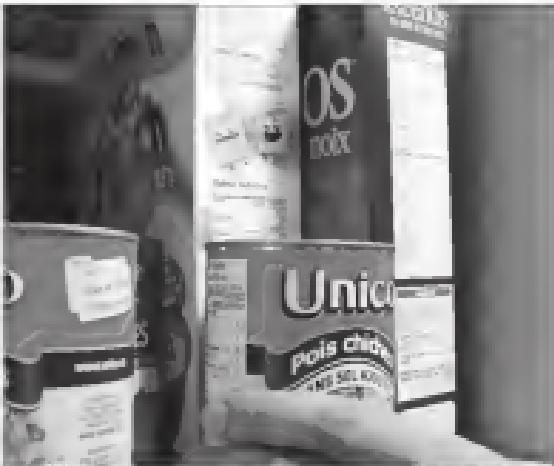
"We have found students need to have food and eat in order to be successful," said Lisa MacDonald, administrator, who supports it. Also, said Scherer, "If there is no food to eat then the students will not be successful in their studies."

OSFS food bank is a budget item with money set aside for students and its matching when needed.

Many student groups run events throughout the year that benefit our food bank," said Scherer. Around the holiday season we ask for donations of special items to put together holiday packages.

Aboriginal Services also holds an annual food drive in their powwow event where anyone is able to donate and help out.

If you'd like to get involved, visit OSFS' main office in Room 1A100 or Come campus at Aboriginal Services in Room 1A100.



Georgetown has many different resources for students, including two food banks. One is run by Georgetown Students Inc., and the other by Aboriginal Services. They provide emergency food and alternatives such as hygiene and basic products.

# Cancer survivor speaks publicly

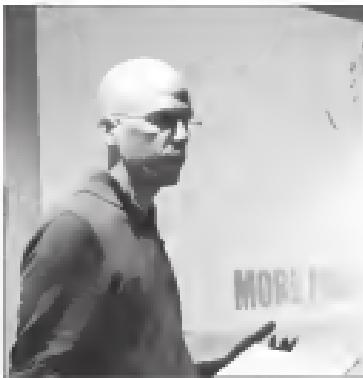
## BY CHRISTINE MARTIN

It's a rainy evening in downtown Waterloo and John Martin is reflecting.

The 39-year-old man is standing at the front of a small room inside the Waterloo Public Library. The room is simple and comfortable. The white walls and grey chairs seem far more spacious than they should be for an event like this. There is a projector on the back that illuminates the wall behind him with the words "More than a roof flap: how things never taught me about overcoming cancer."

After gathering his thoughts, Martin looks up and introduces himself to the small audience in front of him. He has a calm, steady tone and has a very commanding presence. He looks like an experienced speaker and even looks a bit like an old friend.

As friends have noted, he tends to tell the group in front of him as he is reflecting the stories just a memory of receiving his first ever transplant. Without hesitation, the room fills with many of Martin's former patients who applaud. Nothing



John Martin shares his story to a small group at the Waterloo Public Library during his tour "Five Things Cancer Taught Me About Living." DUSTIN C. DODD/THE STAR

after the clapping has ended and just before

Martin was diagnosed with leukemia in 2001 and spent

the next eight months undergoing chemotherapy and radiation while his doctors battled the bone marrow in such

dire form some siblings had

sadly learned some of them were a match, so his doctor had to turn to the international bone marrow repository. They eventually did find him a match — an anonymous donor from Europe. It was that donation that ended up saving his life.

But those eight months were not easy by any means. During his talk, he spoke about how the disease took a toll on his body physically and mentally.

"I remember breaking down at one point and saying, 'I can't do this,' he said.

With the physical aspect, the disease had left on his body was bad enough, Martin said. It was the psychological effects that were the hardest to handle.

"I'd just been thinking about how weak and it was just a constant battle in my head. I really struggled to keep a positive view," he said.

During Martin's presentation, the audience has been silent, and it is clear that he had connected with them in a profound way. George Kipkemboi, a retired teacher, used to work for the local hospital where he attended this event and Martin's story resonated with

him. "As I remembered from the time of my wife of 25 years, I faced adversity and was looking for a path forward," said Kipkemboi, who was one of the first people after the event to buy a signed copy of Martin's book, *Rebelution: Living Lessons on Balance from Life's Abnormal Moments*.

Martin has done many talks like this but this was the first time he had done this particular talk. He described the event as a trial run as he could run it out on the basis of determining to bigger audiences. In the future, he hopes to deliver these talks to younger audiences, perhaps even students.

Martin's life has changed significantly since the bone marrow transplant seven years ago and he always looks back at that day and uses it as an inspiration for the work he does now.

"One of my favorite times of the year," Martin said, "is reminds me of how lucky I am to have gotten through that and still be an unusual example to inspire the rest of the lives I've got."

For more information, visit Martin's blog at [www.balancedresumes.com](http://www.balancedresumes.com).

# Foster an elephant this Christmas

## BY ANDREW GALLAGHER

When people walk in my business they immediately notice all my elephant figurines on the shelves, pillows and the elephant pictures I have on my wall. French and family also presented on all the elephant stationery articles I have. A few short elephant items, bracelets and novelties etc. This leads to the question why are you so obsessed with elephants?

But my question is to the reader, why aren't you?

Last year for Christmas I visited my favorite animal, elephant named Kara, through the David Sheldrick Wildlife Trust (DSWT) in Nairobi. My nose immediately started smelling me about making sure it was a reliable and legitimate venture. I had just found a big website and found many authors ahead of me. Once I started reading more about it, and decided should Kara and all the other elephants that needed funding. I was intrigued. I couldn't look away. I couldn't not fund one. So instead of getting a Hippopotamus for Christmas, I thought an elephant would suffice.

Kara is around 18 years old now growing into a healthy and strong adult, but when he was a young calf his family was phased down by a group of poachers. Luckily he was safe in a safe area

but his family and his mother are never as healthy. They were found dead, their tusks taken from them and blood sprayed all over the ground. Kara was found alone, very runny around his ear-pierced snout and ran free. The DSWT team was able to bring him into their conservation area and name him back to his family. It took a while for them to gain his trust because the only other human contact he'd known was many men chasing him with a big stick that had a nasty sounding end.

Seeing pictures of how rare elephants are and every month over email confirming what he's done since the last time they were sent out, is thrilling to see. I love knowing that my money is going toward helping my own brother living over there... one that had little hope and was facing death.

I look forward to fostering more elephants this Christmas.

I went to Africa afterwards a few years ago and when I took her to our vet, Dr. Kate Peterson in Nairobi she said that I was a part of the DSWT and she was impressed. She couldn't stop asking me questions about it because she wanted to start fostering elephants as soon as she got to a computer.

The same thoughts she had when she started to come up. "The way they're slaughtered and how little we can do left them



to us, with blood everywhere. Elephants and humans are so much alike with the way they look after their young. The way they protect the less of their babies from predators and their peers. It's amazing but a sad tragedy."

"Seeing someone else getting tear-eyed over the condition of these animals feel like I was the only one who was passionate about such an amazing cause. I felt like I was the only one who cared about helping the very little I could."

A couple of weeks ago Princess William spoke to millions of Chinese citizens on TV, stressing the importance of reducing the ivory trade and reflect that while it was unwise to think there is now a real ban on all ivory exports and trade in China, I was glad that they made that decision but at the same time I was feeling with anger. I don't understand why didn't turn into a permanent ban. Elephants are an endangered

species that are being killed off because of what? And a study of hunting their tusks at all. It all comes down to pure greed like that again when does it?"

I ended up buying the book, "The Last Chance on Earth" to learn about the elephant when I realized so much pain and torture has been inflicted on these animals. From the wild, captured away from her mother and forced to start performing in circuses. She was traded back and forth a lot. Between different parks, countries and many countries had on the task of trying to free her and get her to return to these countries, but little would I have any of it. We didn't like buying new people or losing my own tricks and because of that she was punished with a bullet proof. I won't go into details but believe me when I say I read through the whole book. It made me change my own actions and decisions and the very things they take advantage of sometimes that's happening in the wild out in our environment. I couldn't believe some of the things that I was reading and the information that was given to the author was like my eye just lit up. Imagine the pain gone from so many that it made me angry and I had to make a break from reading it.

So in summary to me that throughout history there's no greater world. Beautiful creatures have never really been given a break. They've been used for entertainment since the 1800s they've been slaughtered for their tusks they've been taken in a young age from their mothers and forced into an environment in which they have never belonged. In the past where conservation laws had to be made in order to keep these alive and well.

Greed nature thrives without the constant respect and understanding of how or how?

As spoken by Stephen Sheldrick, founder of DSWT elephants can teach humans a great deal about caring.

I encourage people to rethink spending their money on anything that may be made with and enjoy. I encourage people to foster the elephants elephants from the DSWT. You can also form help the one species they are an animal and their environment. I encourage people to try and read "The Last Chance on Earth" and to gain knowledge on how animals can used for entertainment and what they go through.

I know that I may not be changing the world, by fostering one elephant, or by writing this article, but when I'm passionate about something that I don't stay silent. And I also try to called the word elephant-chances pull but I wouldn't have it any other way.

## ENJOYING THE VIEW AT VICTORIA PARK



PHOTO BY SARAH MCGOWAN

Francesca Cicali's first baby sitting! Victoria Park includes more than everyday little things in the area. The park is nice and serene especially at this time of year.

## FARMERS' MARKET COMES TO CAMPUS



PHOTO BY KRISTEN MANNHEIM

Cultivating a community, a Cornellians Students for Survival, holds a farmers' market at the CCA Farm and Market event that took place on Oct. 13.

# Late nights under neon lights

By KATHY KERSEY

Autumn is the perfect time to listen to dark rock music.

"It gives a layer of atmosphere," says one of the artists. "Light rock or alternative music, I think you'll find the Paper Plates in the pastel section." The Australian band ticks under a range of different names because their "whole deal" is mostly sound.

"We have a very raw way to play, but we've been upgraded as well," said Chevaline Lang, the band's female member in a trailer promoting their new album.

Bentley was recruited in March and was released on Aug. 30.

According to the band, the album got its name because all of the songs on the album were written between the hours of 12 and 4 a.m., when band members were most inspired. All of these music videos are set between those hours too, with Bentley did several characters, plots and locations.

In the trailer, Alex Bentley, the lead singer, and Bentley make their creative house.

The album, which was produced by Grammy nominated Paul DeKo, who also produced both of Paper Plates' albums, is a five song break from some of their older work. Their lyrics are more raw, poetic and more layered and personal than ever, another of that's possible.

The band formed in 2010. All five members have been close friends since high school. Bentley and Lucy Auger writing and playing music together as a team. They currently have two extended plays and two albums.

Every time I listen to the newest album, my fingers can't stop dancing. Each song does more than just perfectly yet they're all so different in terms of lyrics and tone. Right now, the Alabama-born girl is packing her bag at the end of the song will make you want to sing along.

In my excitement, they announced they're playing at Rocklight at Webster Hall on Nov. 29. Purchase more from their latest album and a short film on the making of it. Bentley, I hope to tickets immediately.

The last point? They're still a fairly underground band so their tickets are dirt cheap at just \$14.

Visit [www.ticketmaster.com/event/1000016888](http://www.ticketmaster.com/event/1000016888) to buy tickets.



A man performs a 300-pound stone log lift competition. He was the only one to lift the stones. The event resulted in one constant throughout every lift.



In one event, competitors had to clean and synthesize over a 125-pound log lifted as many times as possible.



Muscle Mania is comprised of the strongest athletes, men & women, in the world. In this photo, the Log Lift competition.



Competitors handle over 275 pounds in each hand and walk in an oval at the eighth annual Muscle Mania competition.

## Feats of strength displayed at strongman challenge

PHOTOS BY ETHAN ROMPT



The first event of the competition was an 800-pound tire flip. The first flip was under 30 seconds.

## Light Illuminated at THEMUSEUM

By KATHY KERSEY

**THEMUSEUM** is now exhibit Light Illuminated is designed to show people in the community some aspects of light that affect their daily lives. The museum is featuring the exhibit as part of the United Nations International Year of Light, a global initiative to raise awareness of the importance of light and light-based technologies.

Opened approximately Light Illuminated uses many interactive exhibits to show many uses of the most interesting properties of light.

These exhibits were created with help from students at the Optical Society of America for Quantum Computing and the University of Waterloo. Guests are invited to play light and to create artwork that is affected by ultraviolet light.

The exhibit covers five main topics. The properties of light, understanding polarization, understanding the spectrum of light, and understanding reflection and refraction. The exhibit also includes works of art that incorporate the various forms of light effect like mirrors.

All the exhibits collaborate in a lesson I am trying to have a better part of the exhibit is both visual and how the techniques of light affect the viewer.

There is a room where people can understand how light affects them every single day. And Arno Guthrie, a physics PhD student at the Institute for Quantum Computing and founding member of the Central Beams chapter in Waterloo, Myron. We want to share what technologies they can that actually use light as well as what companies in the surrounding regions use light-based and how the techniques of light affect the viewer.

The exhibit features a lesson I am trying to have a better part of the exhibit is both visual and the students who helped

put the exhibit together. The laser beam-bores approximately 200 square feet and contains many elements such as cards and mirrors to help educate about the reflection of light.

To this technology based community along with the U.S. International Year of Light with exhibits one and built by the community. I am just starting off this year during Fall of THEMUSEUM and David Marshall CEO of THEMUSEUM.

The exhibit, located at 14 King St. W runs until March 30.



PHOTO BY JAMES BROWN



PHOTO BY JAMES BROWN

# As the leaves turn

Fall brings cool air and cozy weather, but also vibrant, ever-changing landscapes. Many people enjoy taking in the scene at year's tailings in the colorful leaves. Pumpkins are also a hallmark of the season. Below, *Asia Thompson* checks out the pumpkins field, *Carla* and *Lily* help out at a local farm, while *Eliza* explores a golden forest and *Leanne* Rutherford, so enjoys the red and orange while it lasts.



PHOTO BY JAMES BROWN



PHOTO BY JAMES BROWN



PHOTO BY JAMES BROWN

# Car show concludes Oktoberfest

**Almost 100 classic cars on display at annual event**

## BY RANDI BALKIEWICZ

Hot rods and police motorcyles are a perfect combination to help wrap up the final day of Oktoberfest.

The 10th annual Oktoberfest Car Show filled the streets of downtown Peterborough on Oct. 15, one of the final events held during the Bavarian festival.

As participants car owners had to register their ride on the morning, and had a spot on King Street. This year over nearly 100 cars and over 50 different makes and models being displayed right next to the tents and stage area.

The event was a good crowd with the cold temperatures in the air. Steve Arthur III attended the car show with his son and young daughter Kiera.

"I used to work at my uncle's car shop as a kid," Arthur said. "This is our first."

It was Kiera's first car show. She spent most of her time

climbing in the fire truck bed, but when asked where her favorite car was she quickly pointed at a long green Mercury XR7 and said that one.

John Allardspas a proud owner of a 1957 Pontiac Firebird Trans AM said he has been participating in the car show for three years now. Allardspas' Pacer is an original, no restored car shown.

"I got invited to a few car shows like it try to get as many as I can," he said, adding "Cars have always been."

If you have a classic car or vehicle that you would like to show off, then call check out www.oktoberfest.ca for more information on how to register. Arthur said he enjoyed his first night – lots of eating, with fellow garage members and Oktoberfest's great folks.

"The shows are a great time to talk to people who share the same passion as you," he said.



PHOTO BY RANDI BALKIEWICZ

A 1954 Ford Thunderbird was parked on King Street during the 10th annual Oktoberfest Car Show on Oct. 12.

## REC CENTRE ONE BOLT AT A TIME



PHOTO BY RANDI BALKIEWICZ

A construction worker stands on the roof of one of the 100-year-old parts of Guelph Civic College. The replacement sections are expected to be completed early this fall.

# Province needs to do more about cost of education

## BY RANDI BALKIEWICZ

Nothing leaves our students quite like the graduating load of debt. Right now the annual average cost of a four-year degree in Ontario is \$36,000 according to the Canadian Council of Post-Secondary Associations (CCPA). This makes Ontario the most expensive province in Canada to get a post-secondary education. The numbers up in Saskatchewan where the price is \$7,465.

Currently, as a result of declining public investment in university operating revenue, tuition fees across the board almost without exception continue to increase, said Kristy Shakes CCPA education director for non-university schools.

Since 1990 the price for postsecondary has tripled. The Canadian average then was \$12,300 and has risen to \$36,971. The trend appears to be continuing, as recent statistics from Statistics Canada continue to expect total postsecondary tuition to rise to \$40,000 by 2010. Overall, these students will have to borrow to foot the bill.

This is just the price of

tuition and compulsory fees from the schools so it doesn't include the price of rent. In the City of Peterborough according to MyHousing.com a website that takes the value for private room, specific expenses and averages them out, we have room apartments outside the city centre will cost you \$730 per month. That's still need government assistance. Download and a calculator with a data plan. These numbers really add up fast.

I feel there should be a system in place for students as they don't have to pay it back as much, said Alyssa Doyle, a second year law student from Brockport, student at George Brown College CCPA is great. But it's like when you drink it and drink it and drink it. When you look back at the time, Oh I've drunk all of my money. Then you have to pay off all that back and as a result I feel that there should be more options available so you don't have to pay off that back and don't feel so stressed right when you're done school.

The pressure from the

debt comes after you have graduated when you think you will have no problem getting a job CCPA is our only help, but students should also look into four year scholarship money. Universityofontarioengineering.com says that there are 90 927 awards available that are worth a total of \$177 million but many of them each year can not take advantage of it students.

A rising cost of education isn't something new; something many other countries have faced and dealt with since successfully than others. Federal, Provincial and Municipal have a free post-secondary education system at the cost however of higher taxes. Other countries are less successful like the United States, where the cost of education has been rising higher and has become largely unaffordable for much of the population.

"It could improve their ability to go to school and studies. Demands a free post graduate broadcast plus direct at George Brown College. "It could impact their what we

# Clubs offer fun and friendship

BY PAUL DURRANT

"I wouldn't belong to any club that would have me as a member," said Danielle Mihnev in jest. But it begs the question: Who would want you in their club? At Conestoga College there is a vast, noisy rolling out your name in jest.

There are 20 clubs and societies meeting out for music here, and a sampling of them set up shop in the hallways outside. But Hartson and in the rooms at Doon campus Oct. 18. The uniform遵从 friends were up pamphlets were out and even guitars were being displayed in hopes of attracting recruits.

"A lot of clubs disappear year after year, but we have so many new and interesting ones this year, so it's exciting," said Jennifer Voll, the student supervisor of extracurricular for Conestoga Students Inc., who organized the event.

The Conestoga Student Student Association is one of those newly formed clubs. The club was set up in the summer and had a pile of success in every colour of the rainbow out in eastern people. Michelle Deboois, a Doonville business administration major and president of the association, said at a high time there was a support group for older students at Conestoga.

She turned to some statistics written on her information board and said 50 per cent of return students are over the age of 32, adding the age would be higher if university students were evaluated from those numbers.

"While a majority of students at Conestoga College are technically defined as over age 19 and without a GED. To be an older student means you just need help. You've been out of school long enough for it to be a problem," said Deboois.

Standing beside her, holding my cup, was Danielle Mihnev, a first year general arts and sciences student. It has been 20 years since she graced the halls of a school he went and has never since past. January was quite a shock.

"I had my paper, pen and my textbooks, and I said I don't need all these things — it's all on computers. There was a learning centre and the use of computers to run these courses students need help with anything using a computer. Other issues are paying home and school bills and dealing with the stress of getting assignments in on time."

The club is used to assist us a support system for older students to get together and discuss each other's challenges and simply just for the social aspect.



PHOTO BY PAUL DURRANT

Mihnev, 40, a 20-year-old arts and science student, and Danielle Deboois, a second-year business administration student at Conestoga College, stand in front of the Music in Motion display during an extracurricular showcase (Doon campus Oct. 18). It is one of three clubs in Ontario to recruit new members.

"I just wake up one day and realize, 'The party is in '92 and I've never done what I wanted to do when I was 19 and I'm not going to have that,' said Mihnev, who is now in her 40s and nothing that drives

Both Deboois and Mihnev laughed recalling the times they have been involved in the faculty. "On the day with the people who used to be the executives," said Deboois, "and Mihnev, managing committee for sophomore orientation. "Deboois is still young as her. "We had our classes up a little bit so it looked differently," she said. "Age old differences, she said. Age old differences in whether many more have been around. They came from another time and could see a gap between younger students but at the same time bringing with them a host of experiences to share."

The club is still setting up a schedule for monthly meetings. Jen Wright, a second year health office administration student, was talking out the lounge outside the Hartson. She has started an e-mail group and is running to go.

All that is required is "you have been working shifts and you're not completely housed," said Wright, adding there is no audition, but she has got to bring the gang and need anyone using Deboois' basement. The club has over a dozen members so far but they need more especially crafty types to round out the crew.

"We find one girl who sang for less than 20 seconds and just dropped to the floor," she

said of an audition. She was said that part.

The last song the club is working on is Under the Redwood by Little Mirrored Wright who plans on working on some songs from Pink Floyd's "The Wall" a couple months ago and is planning on releasing something early and a Christmas concert.

The club meets Tuesdays and Thursdays, 8 p.m. and 8 p.m. respectively. Wright said there is a cut-off date of Oct. 31 to audience the summer.

Not to spread a story established club, the Conestoga College Association — which a member step taking '92 — is a secret to anyone studying accounting at the school according to Voll. The club booth had great in-groots and the students running the store had everything laid out, in perfect order. Jenks, who may have had something they both wanted and added that they love to see a talented individual.

The Chartered Professional Accountants of Ontario were recruited as speakers in November — a chance to mingle with world-renowned players and to learn.

"Well need putting a club as a great way to get involved. This is such a opportunity for networking, but also just to meet friends outside of regular than and have fun. Those interests will go on your resume," Jenks said as well as said.

Everyone wanting to start a club will need to apply to CSGA's website the Voll s

said. Voll said they will make members in required fields are asked placed for each member. They are provided with \$100 along with a \$100 credit for planning

clubs. Voll said they will make members in required fields are asked placed for each member. They are provided with \$100 along with a \$100 credit for planning

## Conestoga College Clubs List

Conestoga College Arts & Culture Club for youth culture (HSC)

- Canadian Poetry Club
- Conestoga Fishing Club
- Conestoga Entrepreneur
- Conestoga Escapism Group
- Conestoga English Assimilation
- Bridge and Latin Dance
- Conestoga Big Brothers
- Conestoga Bhangra Crew
- Conestoga German Club
- Conestoga Country Club
- G.A.F.P. House
- Power of Chinese
- Conestoga Cycling Club
- Conestoga e-Motorsport
- Conestoga Green Club
- Laughing Yoga
- Music Club
- Conestoga Sustainability Team
- NHCIC
- Conestoga Steel Student Assembly
- Conestoga Theatre Group Association
- The Veterans Association Club
- Harry Libman's Canadian College
- Mu Alpha Theta (Math Club)
- Conestoga Entrepreneur Club
- Conestoga Research Club
- Metal Club
- Cross Club
- Dodgeball Club
- Conestoga Tri-Hoc Crew
- The Preston Association of Conestoga
- Conestoga Students Association

# Haunted house raises money for cancer

By SARAH SAWYER

Three siblings turned their home into a haunted house to raise money for cancer research.

Kris, Shelly and Leslie Lauer have been staging their own haunted houses for the past few years. It all started when their young son was diagnosed with cancer. He overcame the battle but that didn't stop them from wanting more support.

The haunted house ran from Oct. 10 to 18.

The first Spooky Town started in 2008 when their garage was converted into a small haunted house for the children in their neighbourhood to attend. They raised \$15.

Last year, they expanded their tour into the garage and the basement. Former Waterloo Mayor Bevraen Hollman attended as well as CTW's Paula Stewart. They raised \$1000.

This year, they added the garage to transform these three floors of their house into one big scary haunted house for children and Halloween lovers to enjoy. Their theme was "Ghosts from Wrong" which resulted in some dead dolls and more.

Jayne Headcroft, the mother of the three children and the mother, is most proud of what they have accomplished.

"They never fail to help in anyway," she said. "Myself and others have been touched by cancer from both sides of their

family as well as friends so it's amazing to see them take action for something they feel so strongly about."

The idea of Spooky Town as a fundraiser was created when the Lauers would hear about how much money other families raised.

"My children wanted to do more to help put an end to cancer by helping to fund research and treatment."

This year they gathered 25 volunteers to help make the haunted house the best yet. They also had the support of Waterloo Mayor Bevraen Hollman and Home Depot who generously donated spray paint cans and tools supplies.

The price, totalling \$1000 were donated by local business owners such as Blueberry Canadian Tux and National Sports.

"We have put in more than 1,000 hours of work for this," said Headcroft.

There were three levels to the haunted house. Level 1 was for children and level 3 was for those who want to come through to enter.

Bedroom-size old beds were the level leading a place on the entrance. "I hope people realize what we have all created," Headcroft said. Her children make a lot of people they want to scared and do everything they can to entice these people to come.

This year they worked the past and present never to offend and Headcroft adding,



Photo by SARAH SAWYER  
Proud and happy group of spookily costumed volunteers from who came to volunteer behind Peter's original "Ghosts from Wrong." The house was in full effect for the cancer research money.

the two suspended above.

Over 100 guests were courageous enough to go through Spooky Town including Waterloo Mayor Diane Jameson, Waterloo MPP Mary Delores Maroldi-Chapman and

Ontario Provincial and Canadian Cancer Representative Bevraen Headcroft. It's no coincidence to see children raise so much about raising money for cancer, said Headcroft.

Although they didn't reach

their goal of \$10,000 they raised \$10,100 for cancer research.

"I am so proud of my children for finding their passion and putting their heart and soul into this project to help fight cancer," said Headcroft.



Photo by LEAH KATZMAN

Kris Lauer (left) shown holding a Lemur, and her sibling's bats, engineered a Haunted House last year. Hollman for the past six years as a committee member. Previous story (it's now updated online)



Photo by SARAH SAWYER

Kris Lauer, one of the creators, dressing up in her costume and giving grins through the haunted house.

# Humane society needs volunteers

## BY KATIE LARSEN

There is no one way to animal concern; the humane society reaches out with help from volunteers and aims to make a difference.

Students at Cambridge College shared what they can do to help make a difference in a shelter while the volunteers are hard at work.

"I would definitely play cards every single round at least. I would try to just 'Woo' Monks; a second year practice (university) and street poker students."

Karen Stevens, a volunteer supervisor (Cambridge), added, "I would do whatever I can. I know the importance of getting involved. I'm a dog person. If I see a dog, I'm there! I'd walk it or play with it."

Hilary said, "As a humane society member, each of them could, giving your heart along with a little bit of your time."

"Volunteers are extremely important to the Clapton Terrace Society and Lisa Yet, the associate director at the Clapton Terrace Society. "We currently have over 100 volunteers who assist with cat and dog walking, including pets with special needs, providing foster homes, assisting at events such as adoption process-

ions or community outreach programs just to name a few."

"With a lot of animals in the community it is impossible to save them all. However one act of kindness can help reduce the number of homeless pets."

The most efficient way that we can prevent pet abandonment is to ensure that those who are interested in adopting a pet have one well informed on responsible pet ownership," Yet said. "Many times the decision to bring a pet into the home is made impulsively, and there is a failure to plan for the long term commitment associated with having a pet owner."

Roxon Harrold, a third year business administration major, helping students and Hilary said, "Helping out, however someone can make anyone feel good. We make a lot of donations as well as family advice and through donations of toys for animals. It's worth putting in the time to help animals in need."

She added, "If I had to help out as a shelter for the day you would definitely see me cooking soup that would warm your belly that day. That meal, as well as another meal they had lots of food and water."

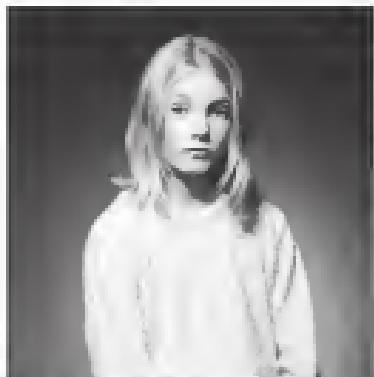
The Clapton Terrace Humane Society provides



**ROXON HARROLD**  
Roxon Harrold, an animal volunteer at the Clapton/Terrace Humane Society, holds a puppy she is helping to care for.

volunteer services, including adoption, animal protection and cruelty investigations. They also have job opportunities posted on their web site, and you can also call 313-743-8612 or email them at info@cthsociety.com.

Anyone interested in making a difference in the life of an animal can either visit the Clapton/Terrace Humane Society or Cambridge Business University or can go online to access more information.



**Say yes to love. Say no to hunger.**

Student Government and a group of over 100 other volunteers who help at local food pantries. This semester is simply unique, as the Community Food Center is no longer a separate location, but instead the office of the Community Center, which will now provide food to the hungry year-round.

[tiny.cc/meyarw](http://tiny.cc/meyarw)



**CAMPUS STUDENTS INC.** start hand out their prepared for CSU's Free Food Friday event, that happens every other week. Students were there during the Fall term a half hour before class was scheduled to begin, so CSU decided to start handing them out early.



## HOROSCOPE

Week of October 26, 2003

**Aries**  
March 21 -  
April 19

You will be going on an unexpected trip. That trip will be very beneficial for your career so be sure to put your best foot forward.

**Libra**  
September 23 -  
October 22

You need to take a step back and analyze how your goals are affecting your overall plan. Stop worrying about classes take a night off this Halloween.

**Taurus**  
April 20 -  
May 20

Be careful of who you put your trust in. Be wary of a scheming young man who starts up a romance with you. He might be a suspect or wear a mask.

**Scorpio**  
October 23 -  
November 21

Thermal your Halloween fun home now if you want it to be different. Just everyone else's. Go to some cool places and you will find the perfect costume.

**Gemini**  
May 22 -  
June 21

You are feeling like everything under wraps is against you. Don't fret, because there will be better. Get to bed early as you can get a lot of sleep the next morning.

**Sagittarius**  
November 22 -  
December 21

You like to experiment and have a knack for learning new things. You should go to a craft store and look up what to wear this Halloween.

**Cancer**  
June 22 -  
July 22

Out of your comfort zone. This Halloween dress up in something wild, that way you can look back on your costume moments in college.

**Capricorn**  
December 22 -  
January 19

Dress up in the wild side and dress up in something funky or crazy. You may have to give up a bit, but your costume certainly will be worth it.

**Leo**  
July 23 -  
August 22

You will have to make your own costume known, if you intend to do a fun plus sized costume this Halloween. Get out and have a spooktacular Halloween.

**Aquarius**  
January 20 -  
February 18

You should learn from your past mistakes and be more daring with your dress downs. You are pretty wild so be sure your costume stands out.

**Virgo**  
August 23 -  
September 22

You have good people skills and can often sway a crowd. If you dress up as a vampire you will probably make the people before you run screaming.

**Pisces**  
February 19 -  
March 20

You should stand out and let your costume truly shine. Not many people get a chance to act. So act and you do dress up and dance like there's no tomorrow.



Go forth and make all these things happen. It is written in the stars!

### On Cliff

A boy in a wizard hat and robe is riding a broomstick over a cliff. He is looking back over his shoulder with a worried expression. A small cat is following him on the broomstick. The background shows a dark sky with clouds.

Illustration by: Tom Lamm

## Useless Facts

An Angry Bird uses a open air theme park in Tempe, Arizona.

Skewerdance is the longest word typed with only the left hand.

The average person laughs 15 times a day.

Shakespeare invented the words "incontinence" and "bung."

Cheese Crooked dogs can get bone.

## Sudoku Puzzle

3		2		7				
				3	6	9		
7	9	1	6	8	2			
	9	2				3		
3	2	1	5	6	7			
5			3		2			
	2	6	7	8	4			
1		3			5			
8	6		4		3			

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search

### Halloween

C	J	S	K	Z	L	V	F	A	T	O	P	R	K	V	A	J
D	U	S	V	L	H	P	U	M	P	E	I	N	S	G	O	
R	E	M	I	N	S	T	E	M	E	K	N	A	R	F	E	
C	E	Y	W	T	O	M	A	V	E	T	A	R	D	N	V	
J	M	T	P	F	W	M	C	H	O	D	R	V	E	F	M	
R	F	T	G	E	P	N	A	P	Q	W	Y	E	W	Q	M	
F	E	D	Z	H	E	N	E	W	L	O	A	H	F	G	O	
X	J	U	V	O	R	S	T	L	S	K	Y	N	S	S	B	
B	U	F	O	A	M	G	B	H	R	E	O	U	D	E	T	
H	O	T	E	L	E	K	S	E	P	G	O	N	F	M	N	
V	F	E	B	S	T	A	B	R	H	N	T	O	U	U	W	
C	A	U	L	D	R	O	N	J	O	I	N	F	I	T	U	
V	W	Y	M	M	U	M	G	B	O	Q	L	I	F	O	S	
V	W	Y	N	H	D	A	E	B	S	L	R	I	O	S	W	
E	C	G	O	T	R	S	T	O	H	O	R	O	O	O	E	
D	D	E	T	H	U	A	H	S	C	A	R	E	M	G	F	

## CONESTOGA STUDENTS PREPARE FOR COLDER WEATHER



**Photo by J. S. Gosselin**  
Students are starting to bundle up as the temperatures dip. This week will be colder than normal with more snowing around the freezing mark.

### ANXIETY'S CORNER: Test anxiety

Most students experience some anxiety before tests. In fact, a little anxiety motivates you to study and can actually enhance your performance. Anxiety however can turn the test from being a positive energy to becoming a distracting threat. Often, such anxiety has a strong negative component. So, try one of these strategies instead:

#### Worry about performance:

- I should have done better.
- I am a complete failure. This always happens to me.
- My mind goes blank. I can not remember the facts.
- I have to get an "A."
- It is going to eat me up and break me.

#### Worry about what others are doing:

- Everyone seems to know that stuff but me.
- No one else looks like such a smart student I know.
- Everyone's smarter than me—all need to think.

#### Worry about negative consequences:

- What if I fail? I'll fail the course, progress. I'll never make anything of myself!
- I never get that job I want.
- I appear to others like a college student.
- I'll have to say everything else on the course—how can I do that?

#### Worry about bodily reactions:

- I feel sick—I'll never get through this.
- I'm sweating all over.
- Heart is racing again. My hands are shaking. My head aches.
- Physical people like like that.
- I feel like it's going to give out. Maybe I could faint.

Any of the above is common in anxiety and usually represents more worry and perceived threat rather than being normal. However, no method to anxiety relief is out of control. It is in fact, something that we can learn to overcome. There are many different strategies we can use which will help us reduce our anxiety through processes reduce the physiological anxiety response, and develop more resilience. Below is a list of steps leading into the anxiety cycle:

What can you do? There are many things that you can do to overcome your fears with test anxiety. Here are a few on-campus resources:

- Work an appointment with a Counsellor or Counselling Services to learn more effective test anxiety reduction strategies.
- Enquiry about a Test Anxiety or the Performance Anxiety module a Resilience group for help with the physiological components of test anxiety concerns.
- Read Michael Hoggard's *Anxiety and Phobia Workbook* or the LBC.

A "Worry-Free" Exam Counselling Session:

## EXCITING NEW DESIGN FIXTURES



**Photo by J. S. Gosselin**  
Maple Harder, co-ordinator of the visual merchandising program at Conestoga, has been involved in the classroom in its role as a retailing instructor. Several merchandising students, Clinton Moore (left), features from Target and pieces from other stores (right), have been purchased or donated. For V-Day, each piece costs \$10.

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# Condors storm back in women's rugby

By KAREN E. BARRETT

As the Gators' Condors rarely represent a rugby team wanted to be their year against Sheridan College on Oct. 13 they noted some things were Sheridan hadn't shown up yet.

The Gators had gone last on the way to Bill Strick Field on Cambridge. They scored four tries after the 15-minute start time. After being permitted to warm up, the girls got underway after only a slight delay.

However, that delay seemed to have a bigger effect on Condors. The Condors came on playing sloppy and Sheridan quickly capitalized.

The Condors scored less than two minutes into the game and led 15-0 at half time. On a cold, damp and rainy day, it would have been easy to roll over and give up. But the Condors have championship experience and several didn't

go down without a fight.

"I don't know when I changed my mind a couple of fresh legs on us had a bit of a check about being pessimistic about what they were doing here and started to think Anna [Hickey]. The girls turned around and started playing rugby."

Condors came out on the second half looking like a different team demonstrating great teamwork making solid tackles and breaking long runs with both their forwards and backs tired.

As the sun went down the Condors offence woke up. Forward Valarie Wiegert scored two tries to end back Marisa Mihale. Brooklynn Jangas added a convert for the Condors.

And when the final whistle blew the Condors were voted road winners 25-15.

The win moves the Condors to 5-1 on the season, and into first place in the west division.

With only one point between them, Westizuquah women's rugby squared off against visiting Sheridan. The Condors are looking to prevent consecutive losses this season. This was an attempt to play Jocelyn and Thalia early today their only game of the season so far to Sheridan, and then hoping that next time 20-0 just isn't good enough.

"First game we need to work on keeping their confidence and aggression for the future games," said Hickey.

The Condors have their eighth set on the Ontario Colleges Athletic Association championship road on Oct. 14. The Condors started the cold, moist game back in 2001, lost 10 to Humber and settled for silver. This year, the sky is the limit.

"This team can go as far as they choose to go. This team has so much potential and as much aggression and ability if they use it, they can go all the way," Hickey said.



PHOTO BY KAREN E. BARRETT

Sheridan women's rugby wins one of its three remaining OCAA games against Sheridan on Oct. 13.



Morgan Lewis (far left) scrums for ball after a break during a women's rugby match on Oct. 13 against Sheridan.



Condor pushes through a Sheridan defender during the second half of women's rugby action on Oct. 13.

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